

C26 Exercises

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Do the Contemplations and Explorations given, using the forms provided to record your answers.
3. Practice the voices of command, recording your results and questions in the form provided.

Exploration 1

Select some momentary sound, such as a door shutting or somebody dropping something, and analyze it according to the questions in the table.

Exploration 1 – Form 26H.1

Sound	What parts of your body did the sound affect? In what way?	How did the sound affect you mentally, emotionally and temperamentally?	What was the major energy component in terms of the 4 elements? 2 nd component? 3 rd component?

Exploration 2

Select some momentary sound, just as you did in Exploration 1.

1. Identify the two major energy components in the sound in terms of air, fire, water and earth.
2. Use energy boxes, direct flow or dragon's breath to get rid of the extra energy you took on from the sound.
3. Record your results in the form below.

Exploration 2 – Form 26H.2

Sound	Major Energy Components	Methods for Getting Rid of Extra Energy	Results

Exploration 3

Sit quietly where you won't be disturbed for at least a ½ hour. As you sit, become aware of all the sounds affecting you and use whatever means necessary to get rid of each energy as it comes in. Record your overall experience in the form below.

Exploration 3 – Form 26H.3

Exploration 4

At least 5 minutes a time, twice a day, become aware of all the sounds affecting you in your workplace and use whatever means necessary to get rid of each energy as it comes in. Record your overall experience in the form below.

Exploration 4 – Form 26H.4

Exploration 5

Select up to 5 different choral or orchestral music pieces to analyze. Do not use rock ‘n roll, country western, disco or pop music since these types of music are often too “jumbled” or “jagged” for beginners to decipher. We recommend you start with Ravell’s “Bolero,” which has a perfect mix of all four elements. With each piece:

1. Select a 5-10 minute section of the piece.
2. The first time you play it pay attention to the physical effects of the music. What kinds of effects do you experience and to what degree? Record your results in the form below.
3. The second time you play it, pay attention to effects on your mental state, willpower, temper, vitality, emotions or feelings. Record your results in the form below.
4. Now analyze the physical and non-physical effects. What do these effects tell you about which elements are present in the music? Be sure to separate what the physical effects tell you from what the non-physical effects indicate. Record your results.
5. Play the music one more time. This time use whatever methods necessary to get rid of each element as it reaches you. Record your results.

Exploration 5 – Form 26.5

Piece	
Physical Effects	
Effects on mental state, emotions, feelings, temper, willpower or vitality.	
Elements indicated by physical and non-physical effects.	
Results of getting rid of each element as it appears in the music.	

Exploration 6

Select a short conversation that you had with someone and can remember clearly. It should be from the last few hours. Analyze both your voice and the other person's voice according to the criteria in the form below.

Exploration 6 – Form 26H.6

Criteria	Your Voice	Other Person's Voice
Pitch (very low, low, medium, high or very high)		
Timbre (husky, soft, whispery, hard, "edged" or shrill)		
Intensity (very weak, weak, medium, strong, very strong)		
Pattern (smooth or flowing, variable and relatively smooth, very even, abrupt or choppy)		
Mental, physical or emotional effects on you?		
Elemental mix of the voice?		
What voices of command were used?		

Contemplation 1

Using the same conversation in Exploration 6, answer the following questions:

<p>What seemed to be the effect of your voices on the other person (physically, mentally and emotionally)?</p>	
<p>Could the situation have been more enjoyable or satisfying had you used different voices? If so, which voices?</p>	

Voices of Command

Practice the voices of command alone or with a partner. If you are practicing by yourself you may want to record your practice on a tape recorder and play it back to hear and feel the effect. Once you feel somewhat proficient with the voices you may want to try them out in public.

Don't be shy! Most of us have an aversion to practicing these voices or feel shy about hearing our own voices. The only way to become proficient in using these voices is to practice. You have to use this magical technique to make it your own.

Voice of Command	Effect	Questions/Comments
Business and Teaching		
Friendliness		
Irritation		

Anger		
Fear		
Motion		
Stillness		
Calmness		

